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COMMUNITY SCHOOL LUNCH NEWS

March 1945

At present there are approximately 900 Community School Lunch programs operating in the 38 eastern counties of Pennsylvania. It is our hope that some time during this school year, some one from our office may be able to visit each of those schools. You are doing a fine job, - may we congratulate you!

Beginning in October we have mailed each month to schools having a Type A and B lunch program a list of foods abundant during the current month. In addition we have mailed leaflets suggesting ways of using some of these foods. How many of you have used this material?

Are you keeping this material in a loose leaf notebook so that it will be easily accessible when you need it?

The following leaflets have been mailed to your sponsor representative - they are very timely:

Cabbage in School Lunches (November 1944)  
Oatmeal (rolled oats) in School Lunches (December 1944)  
Soya Products in School Lunches (January 1945)  
Oranges in School Lunches (February 1945)  
School Lunch Recipes

RED POINT STRETCHERS

Meat is scarce and we are warned that it may be still more difficult to get. Ingenuity in using meat extenders and meat alternates is imperative. Meat contributes protein, iron and the B vitamins. Protein is important for growth and repair of muscle tissue. Some meat extenders are:

Oatmeal is a good source of protein and iron and contains thiamin. Its bland flavor makes it valuable as a meat extender in meat loaves, patties, and croquettes.

Oatmeal also has a place as a dessert in cookies and in baked puddings with fresh or dried fruits and nuts. Oatmeal is plentiful!

Soya Flour and Grits are valuable foods at any time and particularly important in today's food picture because of their protein. Soya protein has almost the same quality as that found in meat, eggs, fish, cheese. Soya foods provide B vitamins and the minerals - iron, calcium, and phosphorous.

Dried Beans & Peas are good pinch hitters for meat, fish, eggs and cheese, when supplies of these No. 1 protein foods are short. Beans and peas contain the B vitamins and iron.

Nuts, such as walnuts, pecans, and peanuts, are in abundance this year and can be used in many interesting main dishes, salads and desserts. In addition to supplying protein and B vitamins they contain a large percentage of fat.

Macaroni, Spaghetti & Noodles are in plentiful supply. Starch is the main contribution made by these foods, but they do contribute some protein. They should be combined with cheese, eggs, fish and meat.

#### MEAT SUBSTITUTES

Cheese - The supply of cheddar cheese is limited but when obtainable it is a valuable source of protein, calcium and vitamins. Cottage cheese is abundant in most communities and is ration free. It can be used in salads, desserts and some in main dishes.

Fish - Fresh fish is difficult for many schools to obtain, but most schools can get canned fish and other canned sea foods and dry salted fish. Fishery products add variety to menus and also contribute needed protein. Use these products in casserole dishes, chowders, and creamed dishes.

Eggs - The season of abundant egg supplies is just beginning. Eggs are a very important food - contributing protein, minerals and vitamins. Use them in main dishes, salads, sandwiches, and desserts.

#### THE SWEET SITUATION

Our sugar supply for civilians this year will be lower than that of 1944, and it is probable we will have less sugar during the coming year than any time since the war began.

It will be necessary for all of us to depend more heavily upon molasses, honey, sorghum, corn syrup and syrups that are a blend of corn and cane syrups.

Molasses and the blended syrup are in good supply. Honey is generally more abundant in rural and small town stores.

For sweetening fruits, fruit desserts, puddings, these substitutes can be used as all or part of the sweetening. In cakes and cookies, one-half or more of the sugar can be replaced by another sweet.

You may have to juggle recipes (usually the liquid part) when using these sweets. But that should be no hardship when you stop to think of the iron molasses adds and the B vitamins honey contributes to your menu.

In substituting for sugar to get the same amount of sweetness, it takes two cups of corn syrup to replace the sweetening power of one cup of sugar. Honey may be used cup for cup in replacing sugar. However, when you use liquid sweets in recipes you must reduce the liquid called for.

#### Sugar Savers

1. Serve cooked foods hot to enjoy their fullest flavor and sweetness.
2. Save syrup from canned fruit to sweeten other fruit and pudding sauces.
3. A pinch of salt develops flavor and makes food seem sweeter.

## FOOD TIPS

Do not cook a surplus of vegetables because certain food values are lost as vegetables stand and each time they are re-heated. When there are vegetable leftovers, put them in a covered container in the refrigerator immediately.

If raw vegetables are left over, wrap them in waxed paper and place in the hydrator. If they are left in water to crisp until the next meal, some of the food value will go into the water and be lost.

Leftover meats or meats cooked in preparation for the following day should be refrigerated immediately. Since meat is limited in supply and one of the more expensive items on the food budget, it is important that every bit be used.

Tricks with tasty sauces or gravies, the right kinds and amounts of seasoning, the skilful use of herbs all are so important in the acceptance of food.

## VEGETABLE COOKERY

A simple procedure which applies to the cookery of most vegetables is:

1. Cook in the smallest amount of boiling water possible.
2. Use a tightly covered pan.
3. Cook for the shortest possible time at a simmer heat.

Do not discard liquid in which vegetables are cooked or the liquid from canned vegetables. The minerals and some of the vitamins are soluble in water, therefore, if this water is discarded, valuable food nutrients are lost. Use vegetable liquids in soups, white sauces and gravies.

## MENU PLANNING

Visualize your menu as you plan it. Attractive, well prepared, tastefully seasoned food will sell itself.

Check menus for adequate amounts of protein. Use the "Basic 7" or a similar list when planning menus.

Do you have a menu which is a favorite in your school? We will be glad to use it in the next issue of this news sheet, giving your school credit for it.

## A CHALLENGE

Those of you who are connected with school lunch programs are engaged in one of the most challenging of jobs. Carefully planned menus, supplemented by careful supervision at the counter and guidance at the table makes it possible to improve the food habits of the young people in your school. You are therefore a very real force in the physical development of each child.

Nutrition specialists believe that one year of right feeding in the life of a child is more important than ten years after forty. While it may be possible to change eating habits after a person is forty years old, it is usually impossible to change body structure.

These menus have not been planned to use in consecutive order. Whole wheat or enriched bread and butter with fortified margarine and one half-pint of whole fresh milk should be served with each meal.

Type A

Beef and vegetable stew  
served on noodles

Grapefruit and orange salad

Carmel Custard

Devilled eggs baked in tomato sauce

Browned potatoes

Savory cabbage

Vanilla pudding - honey orange sauce

Vegetable soup

Peanut butter & grated carrot sandwich

Apple Betty - lemon sauce

Creamed eggs and peas served on  
boiled rice

Apple and carrot salad

Soya gingerbread - fruit sauce

Peanut and Bean loaf - tomato sauce

Buttered carrots

Raisin cookie - floating island

Bean chowder

Ground meat & lettuce  
sandwich

Celery, apple, & nut salad

Honey oatmeal squares

Rice omelet

Stewed tomatoes

Mixed fruit salad

Soft ginger cookies

Creamed fish

Baked potatoes

Harvard beets

Lemon sponge pudding

Porcupine meat balls

Mashed potatoes

Carrot sticks

Prune pudding

Baked sausage

Scalloped potatoes

Creole cabbage

Applesauce

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Room 611 Market St. Nat'l. Bank Bldg.  
Philadelphia, 7, Pennsylvania

